

A Proud Member of



***SECTION PARENT
HANDBOOK***

Revised August 2008

Table of Contents:

1.)	Introduction	Page 3
2.)	Who We Are	Page 4
3.)	Benefits of Club Membership	Page 5
4.)	Benefits of Region Membership	Page 5
5.)	Benefits of Western Ontario Section Membership	Page 6
6.)	Choosing a Coach	Page 7
7.)	Skate Canada Programs	Page 8 Page 8 Page 9
8.)	Membership Fee Structure Test Days and Test Fee Structure Competitions and Competition Fee Structures	Page 11
9.)	Parents Roles and Responsibilities	Page 11
10.)	Clubs Roles and Responsibilities Coaches Roles and Responsibilities Skaters Roles and Responsibilities	Page 12-13
11.)	Roles of Other People Involved In Skating ❖ Role of an Evaluator ❖ Role of a Judge ❖ Role of the Volunteer	Page 13
12.)	Equipment	Page 14-15
13.)	Managing Your Budget	Page 15
14.)	Resources Available to Parents	Page 16

Coaches Develop Skaters...Western Ontario Provides Opportunities



Western Ontario Section Parent Handbook

Introduction:

The Western Ontario Section (WO) geographically covers the area of south western Ontario. There are 113 Clubs and 9 sanctioned Skating Schools in the Section. The Chairman of the Western Ontario Section is a member of the Board of Directors of Skate Canada.

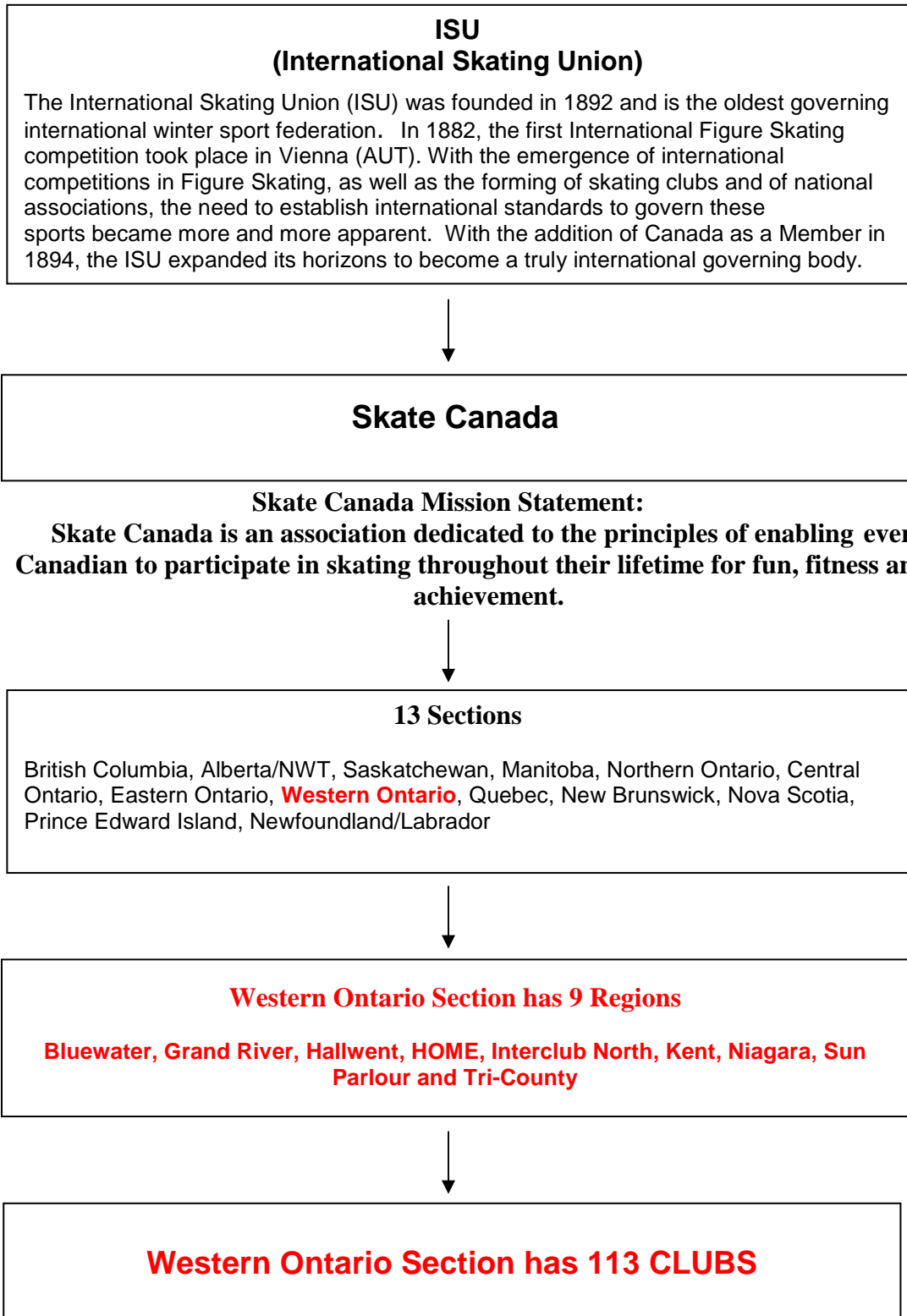
The Board of Directors of WO in conjunction with Skate Canada manages the operations of the Section. The Section assists our Clubs and Regions in their efforts to ensure that Skate Canada's program delivery standards are being achieved. The primary focus of WO is to provide support and opportunities for our skaters of all ages and levels. WO is committed to training our Coaches, Officials and Volunteers to assist our skaters in reaching their goals and enjoying their involvement in figure skating.

The WO Section Office is located in London, Ontario and our experienced and professional staff members are excellent resources available to our membership. (See contact information in the Resources Available section of this Handbook).

The Board of WO recognizes the important role our Parents play in the support and development of our skaters; with this in mind we have developed a Section Parent Handbook. The Section Parents Handbook has been prepared to help you understand the many aspects of figure skating. We hope the Handbook will answer many of your questions, but if not, other resources are included for you to make your journey in this wonderful sport just a bit easier.

Parents will also find that most Clubs have Parent Handbooks or brochures available that outline the more detailed information of Club operations, policies and procedures and other information that will be important for parents to be aware of.

WHO WE ARE:



Benefits of Club Membership:

The benefits of belonging to a Skate Canada Club are many, here are just a few:

- Your child will be a member of Skate Canada, the national governing body for figure skating in Canada
- You register your child through your Home Club which makes you as parents voting members of the Club, providing your child is under the age of 18
- Your child will receive a Membership Registration Card with an identification number that has been recorded at the National Office of Skate Canada. This number will not change and remains your child's link to Skate Canada forever; even in years you are not an active member. Keep the Membership Card in a safe place, as your child will need this registration number to participate in Skate Canada sanctioned events and test days.
- Makes your child eligible to take Skate Canada Tests, participate in Skate Canada competitions, ice shows and other sanctioned events.
- Privileges to enter the Members Only website of Skate Canada, that contains all the important information about our association
- An accident insurance benefit at a substantially lower cost to the members than that available in other sports (80 cents plus applicable provincial sales tax per member)
- Access to high quality programs that are recognized and often sought after internationally and by other national sport organizations.
- Access to qualified, NCCP certified Skate Canada professional coaches who have been trained through high quality training programs developed by Skate Canada.
- National registry of figure skating qualifications (tests) and results (for qualifying events) held in a central computerized system for easy access.

Benefits of Region Membership:

Western Ontario Section is comprised of 9 Regions. Each Region operates under the terms of their Constitution.

- Each Region has an elected Executive; appointed Committee Chairs; Club Representatives and a named alternate; Coaches' Representative and Coaches' Alternate elected by the Region Coaches. Regions usually meet 10 times per year. Committee Chairs portfolios may include WO Bursary , Centralized Test Days, Championships, Historical, Region Competition, P/R, Newsletter, Skating Development, Synchronized Skating, as well as Data Specialists and Evaluator/Judging Resources
- In WO Section the 9 elected Region Chairs meet 4 times per year providing an opportunity to network with similar concerns and topics; to promote and communicate Skate Canada and WO Section's Skating Program updates and to provide an opportunity for input to the clubs from the WO Section Board.
- Regions conduct, financially support and promote club and skater participation in Regional coaching seminars, skating development programs, skating evaluation seminars and competitions
- Offer volunteer training and development seminars and workshops. The Region Councils are the group of people that the clubs feel most comfortable going to because they are closest to the grass roots
- Assist clubs with conflict resolution and act as a Resource for Clubs
- Promote and market Skate Canada to clubs
- Host competitions and events (i.e. galas, ice shows, Awards Banquets)

- Provide a venue for regional clubs to meet, learn and share; promote team concept of clubs working together towards common goals

Benefits of Western Ontario Section Membership:

Western Ontario Section is 1 of 4 Skate Canada Sections within the province of Ontario, and 1 of 13 Sections within Skate Canada. An elected or appointed Section Executive and Board of Directors administer the Section. The Western Ontario (WO) Board is in place to govern the Section, to help ensure that Skate Canada programs are run according to the standards outlined in the Skate Canada Rule Book and to plan and provide programs to develop and enhance participation by skaters, officials and volunteers of all ages, abilities, interests and ambitions. It is also a resource body which offers support to its members and the 113 clubs within their jurisdiction.

- Provides financial placement funding for competitive skaters that qualify for Provincial and National Events in the Section
- Provides Talent Identification programs for Clubs in the Section by the WO Technical Director
- Provides Club Consultation Service from Professional Coaches within WO
- Provides a Competition Schedule for competitions held in WO
- Provides detailed Technical Guideline Packages for Competitions in WO
- Provides technical equipment for competitions in WO
- Provides training for Skate Canada Officials
- Provides a Conflict Resolution process and support for Clubs and Regions in WO
- Provides Regional Training Seminars for all levels of skaters
- Provides Volunteer Training Workshops annually
- Hosts Region Chairs meetings 4 times a year
- Hosts an annual Awards Luncheon to recognize Skaters' accomplishments over the year
- Hosts an Annual General Meeting for members of Western Ontario Section Clubs
- Subsidizes Team WO clothing
- Identifies and cultivates Sponsor relationships for WO

Leadership is like beauty...it's hard to define but you know it when you see it.

...Warren Bennis

How to Choose a Coach:

All Coaches teaching and coaching in Skate Canada Clubs and/or Skating Schools are certified coaches, which mean they have completed components of the National Coaching Certification Program (NCCP) from Level 1 to Level 5.

The National Coaching Certification Program (NCCP) is a five-level educational program for coaches of all levels in over 60 sports. Levels 1-3 cover three components of coaching: Theory, Technical and Practical. After completing all three components at each level, coaches receive official certification in recognition of their accomplishments. Level 1 to 3 is a training program of approximately 100 hours, designed to certify coaches as competent coaching leaders.

Levels 4 and 5 prepare candidates for leadership roles in national and international sport. These levels are aimed at coaching skills to work with high performance athletes and are designed on a 20-task credit system: 12 to be completed for level 4 and the remaining 8 for level 5. These tasks explore Leadership, Planning and Athlete Development including physical, psychological, technical and tactical components.

The Clubs and Skating Schools should provide a list of their available certified coaches along with their specific qualifications. When choosing a Coach for your child here are some things you may want to consider:

- Select a coach carefully. Choose the right person for their teaching and coaching abilities, but also consider that the Coach will be the role model for your child.
- The Coach will be spending considerable time with your child, so it should be someone your child feels comfortable with.
- Coaches are the experts. Make sure you understand what the coach expects of you as parents. Work together with your coach to create realistic goals and objectives for your child.
- Take time when selecting a coach. Remember that a picture is worth a thousand words. Watch the coaches teaching other children and see how they interact and present themselves.
- Clubs should have a summary of each coach's accomplishments as a Coach and skater. If not ask the coach you are interested in for a copy of their resume.
- Coaching fees may vary according to the certification level and experience of the coach. Ask what the fees are up front so there are no misunderstandings later.
- You can seek advice from the Club's Professional Coaching Director or from the Western Ontario Section's Skating Program Co-ordinator or our Technical Director.

Skate Canada Programs:

Every Skate Canada skating program complements the others and allows for unrestricted movement and development through the system. All programs are taught by professional coaches certified through the National Coaching Certification Program (NCCP) and they are offered at member clubs and sanctioned skating schools across the country.

Learn to Skate/Recreational:

CanSkate Program – CanSkate is Skate Canada’s flagship learn-to-skate program for beginners of any age and teaches fundamental movement and basic skills. The skills are arranged in progressions, from very simple to more complex. Each stage has a primary focus. Once the skills on each stage are mastered, a badge is awarded. The series of badges include Stage badges, Fundamental Movement badges and Fitness badges. Coaches in the Clubs will be able to explain the CanSkate Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

CanPowerSkate Program – CanPowerSkate Program is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve. Coaches in the Clubs will be able to explain the CanPowerSkate Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

Figure Skating:

StarSkate Program - **S**kills, **T**ests, **A**chievement, **R**ecognition – this is what STARSkate is all about! **STARSkate** offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

CompetitiveSkate Program -The Competitive Test Program is a testing program for skaters in Singles, Pairs and Dance wishing to compete in qualifying events within Skate Canada. Skaters take tests specific to the discipline (Singles, Pairs and Dance) in which they wish to compete. A skater or team may begin testing at the level at which they wish to compete (there are no test pre-requisites). Skaters enrolled in CompetitiveSkate learn a variety of life skills as they progress up the competitive ladder. These include goal setting, focus, ability to deal with success/failure, time management and principles of fair play and sportsmanship.

Coaches in the Clubs will be able to explain the CompetitiveSkate Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

Skating Development Program - Skate Canada offers many different talent identification and development programs. These include the Talent Identification database, a record of information of competitive athletes across Canada, monitoring at events throughout the year, and Section and National Youth Camps. Coaches in the Clubs will be able to explain the Skating Development Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

Synchronized Skating Program - Synchronized skating, or "synchro" is a specialized discipline of skating involving groups of twelve or more skaters performing various group formations and maneuvers. The objective is for the team to perform as one unit executing circles, blocks, lines, wheels and intersections in unison to the music, while demonstrating quality edges, power and flow. There are two event streams of Synchronized Skating in Canada – a recreational or Competitive SynchroSkate. Both of these streams can lead a team to provincial level events. There is national, international and World Championship opportunity provided to the Junior and Senior teams in the Competitive SynchroSkate (qualifying) event stream.

Coaches in the Clubs will be able to explain the Synchronized Skating Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

CollegiateSkate Program - Schools are getting into the competitive spirit through the CollegiateSkate program which brings together skaters from different test and/or competitive backgrounds to skate together as a team representing their school. Skaters participate in a variety of events such as singles, dance and team events and based on their placements in these events, accumulate points for their team. The school with the highest point total wins the overall competition.

Varsity - Varsity figure skating is currently offered only by Ontario University Athletics (OUA), in partnership with Skate Canada, and is not part of Canadian Interuniversity Sport (CIS). Eleven Ontario Conference universities: **Brock, Carleton, Guelph, McGill, Queen's, Ryerson, Toronto, Trent, Waterloo, Western,** and **Wilfrid Laurier** compete annually for the top spot at the invitational competitions and the OUA Figure Skating Championships.

Coaches in the Clubs will be able to explain the CollegiateSkate/Varsity Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

Adult Skating:

AdultSkate Program - Adult skating is growing in popularity and more and more clubs are offering recreational, test and competitive opportunities to this segment of the population. Adults participate in CanSkate, STARSkate and CanPowerSkate programs as well as on synchronized skating teams. Adult championships currently provide opportunities to adult skaters to experience the challenge of a competition

in a fun, social environment. Coaches in the Clubs will be able to explain the Adult Skate Program in more detail or you can go on the Western Ontario web site www.skating-wos.on.ca or Skate Canada web site www.skatecanada.ca for more details.

Fee Structure:

The Membership Fee for Skate Canada is \$30.00 plus an Insurance fee of 80 cents (plus applicable provincial sales tax) per member.

In addition to the Skate Canada Fee all Skate Canada Clubs in Western Ontario Section have their own fee schedules. These schedules will vary depending on which community you live in. Each municipality has its own ice allocation grid for ice sports and is responsible for setting the cost of ice per hour in your community. Costs can also vary depending on your child's level of skating and the number of programs they will be involved within the Club. Coaching fees are separate costs which are determined by the professional coach you choose for your child.

In most Clubs there will be fundraising costs to help them off-set the cost of ice and to raise money for Club activities for your child. (Ice Shows, Carnivals and Special Days: Christmas Party, Halloween Party, etc.)

Test Days and Fees:

Test Days:

Skate Canada Clubs schedule tests on an on-going basis for all disciplines at any level, provided a qualified Skate Canada Evaluator or Judge is available for the test levels. Once a skater passes their test they then move to the next level in that discipline. If the test is not successful the skater can retry that test. Your coach should determine if the skater is prepared to take the test. Skaters usually wait until the next scheduled test day before retrying a test, as waiting gives the skater more time to improve on the comments given by the Judge or Evaluator, and it better prepares the skater for the next level.

Test Fees:

The Skate Canada Test Fee schedule is as follows:

Free Skating	\$ 10.00 per part (2 parts)
Dance	\$ 10.00 per individual dance
Competitive Singles, Pairs, Dance	\$ 20.00 per test
Interpretive	\$ 10.00 per test
Skating Skills	\$ 10.00 per test

Competition:

Competitions in skating offer the skaters an opportunity to perform by themselves in front of an audience and to be assessed on their performance by Judges. The children learn about good sportsmanship and they have the opportunity to work hard at being the best they can be.

Above all, skaters should learn to treat everyone with courtesy and respect whether they win or lose. Ideally, while engaged in competition, a child will learn that winning isn't important; what is important is putting forth the best effort possible. Then, as the child grows older and realizes that sustained effort leads to improved performance, they will learn to compete against the worthiest opponent all by themselves.

Competition Fees:

Competitions all have entry fees in order to participate. These fees will vary from one competition to another and must be paid when registering your skater for the competition.

Parents Roles and Responsibilities

The most important thing for a parent of a skater is to remember that their skater is a person first, and a skater second. And in all probability the "person" in the skater is a young one, still growing, still maturing. Sometimes skaters seem so grown up, so easily able to handle pressure situations, that we forget they are still children. DON'T! The same children we see looking so grown-up on the competition ice probably still cuddle their favourite stuffed animals when they go to bed at night. Let them be children, and support them as they grow. (Adapted from Don Korte's Figure Skating Handbook.)

- **Balance:** Make sure there is balance in your skater's life. Allow time for school and personal growth. Very few skaters make skating their life career. Don't put so much focus on your child's skating that you forget they'll have to function in a "normal world" when they grow up. School is important. Social development is important. Being a child is important.
- **Help to set goals:** Help your child to set his / her goals in skating. Help him or her to be realistic about those goals, but also to make them challenging enough to make the sport fulfilling. Make sure the goals are your skater's goals, not yours. Help to achieve these goals by setting targets, plotting progress, etc. Be willing to re-evaluate when necessary.
- **Support your Coach:** Pay your bills on time, and get your skater to the rink on time. When you can't be there, make sure to tell the coach in advance. Let the coach participate in goal-setting discussions. Listen to your coach's advice and instructions, and help to ensure that your skater follows those instructions when participating or doing activities. Once the coach understands your skater's goals, let the coach have the freedom to design a program to achieve them; don't try to second-guess the approach. On the other hand, responsibly watch to make sure that the general goals are being addressed over the long term.
- **Learn about the sport:** Learn enough about skating to recognize the elements. Know enough to know when something is done well, and when it is done less well. Recognize progress. Be interested, and listen when your skater talks about progress or problems.
- **Watch:** Don't use the rink as a baby sitter. Stay and watch your skater practice, and in lessons, at least sometimes. They need to know you're interested. Often skaters whose parents never watch in practice feel very self-conscious or "pressured" when their parents finally do show up to watch. If competition events are the only time you watch your skater, you may be hurting them more than helping them.
- **Be a good sport:** Remember that every skater is someone's child, and that they ALL deserve to be treated fairly and with respect. Be willing to recognize other skaters graciously. When someone else is skating in a competition, don't walk back and forth in the bleachers, don't be noisy or disruptive.
- **Support your skater:** Remember, your skater is still maturing. Offer praise when appropriate, but be realistic with that praise; recognize

progress towards goals, but be willing to acknowledge when more work is needed without making that a “bad thing”. Never destructively criticize, especially in front of others. Resist the urge to compare your child against another. Some learn faster, some learn slower. Let them progress at their own level.

- **Support your club:** Pay your bills on time. Help with club activities. Volunteers run most clubs, and they need all the help to assist skaters. Be willing to work on committees, or serve on the Board of Directors if needed. Be willing to do “jobs” like ice monitor, music monitor, etc. Help out with ice shows or competitions.

Clubs Roles & Responsibilities:

Skate Canada Program Delivery Standards:

Skate Canada skating programs offered by member clubs and skating schools must be operated according to National delivery standards. The complete document can be found on the Members Only section of the Skate Canada website under “Technical and Program Information or on line through Skate Canada’s website.

Included on the Western Ontario website is a checklist your club can follow to serve as a reminder of all the important tasks to complete and events that must occur to operate a great skating club. Geared to the average club that operates skating programs from September to March, this checklist gives you a general overall picture of the season, by month, and will help to keep your club executive and coaches organized and on top of their game! It is by no means exhaustive and meant to give your club a basic starting point so feel free to add tasks that apply to your particular situation. www.skating-wos.on.ca

Providing Program Assistants

Clubs provide training for their Program Assistants who are skaters 12 years or older with more skating experience who volunteer their time to help with the CanSkate Program. They demonstrate skills under the direction of the Coaches and generally help out wherever needed. It is a good way for skaters to give back to their clubs. Program Assistants are important role models for the younger skaters in the Club.

Club Code of Ethics:

Parents should be familiar with the Skate Canada Club Code of Ethics. The Club Code of Ethics can be found in the Skate Canada Rule Book under Policies and Procedures or on the Skate Canada website at www.skatecanada.ca

Coaches Rules and Responsibilities:

All Skate Canada Coaches must abide by the Skate Canada Professional Coaches’ Code of Ethics. Parents can review the Coaches’ Code of Ethics found in the Skate Canada Rule Book or on line through the Skate Canada website: www.skatecanada.ca or the Western Ontario website at www.skating-wos.on.ca

or coaching@skating-wos.on.ca. Coaches must complete a Skate Canada approved Police Check; hold a valid First Aid Certificate and have a current Skate Canada Coaching Membership.

Skaters Roles & Responsibilities:

Parents will find that each Club will develop their own roles and responsibilities for their skaters. As parents you should be familiar with these roles and responsibilities, as it is your job to remind your children of these rules of the Club. Here are just a few items that you should find in any Club's handbook of their skaters' Roles & Responsibilities:

- Courtesy and respect for other skaters, coaches, parents, club volunteers and arena staff
- Refrain from disrespectful language or behaviour
- Be on time for all skating sessions
- Skaters should be on the ice during their sessions
- Be in "good standing" financially with your Club
- Dress appropriately for figure skating
- Keep the skating environment clean
- Help out when asked by the Club Board and Coaches

Role of the Evaluators:

Evaluators are volunteers and trained officials that attend Clinics, take technical tests and keep updated with communications from Western Ontario and Skate Canada. Evaluators also attend workshops conducted by the Western Ontario Section Judges Committee on the changing trends in skating. When your child enters the Skate Canada Test Stream, they will take tests in one or all the disciplines in figure skating – Free Skate, Dance, Skills, and Interpretive skating. The evaluators are the officials that determine if your child has mastered the necessary skills sets to move on to the next level.

Role of the Judge:

Judges are volunteers who give of their time freely to judge tests and competition and offer advice to coaches during the year to help with the development of a skater who competes at the competitive level. Judges are highly trained to judge competitive tests and officiate at competitions. They take judging courses; write exams, and trial judge events before they are promoted and Judge at competitions. Judges attend workshops and seminars each year to update their expertise in rule changes and technical aspects of skating. Western Ontario Section provides and financially supports Judges training each year.

Role of the Volunteer:

A volunteer is an individual that gives freely of their time to assist and work towards the goals of an organization. Western Ontario Section is very fortunate to have a dedicated population of very hard working volunteers throughout the Section. You will see them serving on Boards of Directors, working at events, fundraising and helping out wherever they are needed. Clubs depend on parents of their skaters to help create a viable and safe environment for all skaters, so give a hand when you can.

Equipment:

Skates

The purchase of a boot and blade is a major decision which can represent a substantial financial investment.

Fitting Basics

A skater's size, weight, and skating level are very important. These aspects will determine what boot and blade to purchase and how long they will last. While seated, the boot should be snug in the heel, arch, and ball areas for best support. Toes should be able to wiggle freely but not slide to any great degree. After the boot is laced and the skater stands, the boot should feel slightly tighter. There should be little to no movement when the skater tries to lift her or his heel. The toes should just be touching the front of the boot. Toes should feel slight pressure but not severe bending or pain. Toes should also not be cramped or curled under.

It is important to have a correctly fitted boot for optimal skater performance. The boot must be snugly fit so that it responds exactly to the skater's movement. Additional room in the skate can cause the foot to slide and thus may impede the Skater's progress.

Remember:

- Skates should fit snugly around the ankle and heel – there should be room for movement, but the ankle, instep and heel must be firmly supported
- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent the laces from cutting into the foot
- The front opening of the boot should be sufficiently wide to pull the laces tight
- Avoid buying skates a size larger, as they tend to break down faster and hamper your child's progress and more importantly could create long term foot problems

Buying used Skates and Blades:

Good used skates can be okay for your child, especially in the beginning stages. If you do buy used skates, you may have to know a bit about the brand and model of the boot and blades you purchase. Ask your Coach about suggestions on what to look for. Sometimes a good used boot and blade set is better than an inexpensive, lower quality "sharpening life" left in it. Many skate companies have a website that describes an appropriate boot / blade combo for a particular level of skating.

Sharpening of Skates:

Make sure you take your skates to a reputable figure skater sharpener who is familiar with the edges needed in figure skating. Do not remove the bottom pick, as it is essential for proper balance.

General Care of Boots and Blades:

Proper care of the boots and blades can help them last longer.

- When removing skates, unlace them enough before taking them off so that the back of the boot does not break down or rip
- Blades and soles must be dried carefully with a soft cloth
- Remove guards and wipe / wash them. Grit and dirt become lodged in the tracks of the guards. Replace guards occasionally
- Cover dried blades with soft blade covers (terry cloth or soft fabric)
- Take skates out of bag at home to let them air dry at normal temperatures to avoid rotting and rust

Skating Clothing:

For young skaters in CanSkate a warm pair of pants and sweater or jacket with mitts or gloves is suitable. Snowsuits can be bulky and hinder the child's progress. At the CanSkate level helmets are also mandatory. As skaters progress, females will wear tights and skating dresses or skirts as well as gloves and males will wear a stretch pant with stirrups to go under the arch of the skates along with a sweater or warm-up jacket and gloves.

Check your local Clubs for information on purchasing skating outfits, as they may have names of Skating Stores or individuals selling good used skating outfits.

Managing Your Budget

Parents will have to plan their budget well in advance of each skating season. The costs you will incur will depend on your child's participation in the sport. Here are some suggested items you should have in your yearly budget:

- Club Membership
- Skate Canada Membership
- Skates and accessories like guards, blade covers, skate bag as well as appropriate skating attire
- Extra Ice costs
- Coaching Costs – Lessons, Competitions and Test Days
- Choreography Fees
- Costumes
- Ice Show or Carnival Fees
- Music Fees for burning of CD's for solo music
- Off ice Fees for skater's conditioning
- Seminars
- CD's that recorded your Competition skate
- Travel and Accommodations for Competitions and Test Days

Resources Available to Parents

There is a large network of resources available to parents in figure skating. Here are just a few:

- The Western Ontario Section Office
237 Consortium Court
London, ON
N6E 2S8
Phone: 519-686-0431
Fax: 519-686-0593
Website: www.skating-wos.on.ca

Western Ontario Section Office Staff:

Member Services / Administrative Support:
memberservice@skating-wos.on.ca

Member Services / Coaching Support: coaching@skating-wos.on.ca

Skating Programs Co-ordinator: programs@skating-wos.on.ca

Skating Technical Director: competitive@skating-wos.on.ca

- Your Coach
- Your Club Board of Directors – the Club should provide a list of the Board of Directors and how to contact them
- Other Parents experienced with this sport
- Region Councils – each Region has a list of the Region Council members and contact information. Check the Western Ontario website for the up-to-date list and contact numbers, www.skating-wos.on.ca
- **Skate Canada**
865 Shefford Road
Ottawa, ON
K1J 1H9
Phone: 613-748-5635
Toll Free: 1-888-747-2372
Fax: 519-686-0593
Toll Free Fax: 1-877-211-2372
E-Mail: skatecanada@skatecanada.ca
Comments about this site- email webmaster@skatecanada.ca
Comments about the members only site – email
memberservice@skatecanada.ca



Every time you treat a child with respect, that child feels just a little bit taller.

Read these suggestions: they'll help you to help your children rise to the occasion!

- *When you listen to children, they learn that they're worth listening to.*
- *If you consider their point of view, they learn that it is Valuable.*
- *When you appreciate children's company, they become great company.*
- *If you provide a nurturing environment, children learn to feel good about themselves.*
- *When you believe children have good things to contribute, they will look for ways to help.*
- *If you open your world to children, their world becomes an open one.*
- *If you give children spaces, they will claim it for their own.*
- *Above all, recognize the spark in a child: watch the child learn to shine brighter and brighter.*